

# WHICH GRAINS ARE GLUTEN-FREE?



Oats\*

WholeGrainsCouncil.org



Quinoa



Rice



Corn



Amaranth



Sorghum



Teff



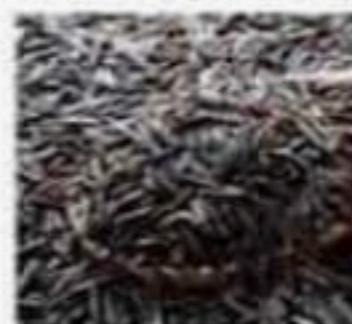
Millet



Buckwheat



Fonio



Wild Rice

\*Oats are naturally gluten-free, but are frequently contaminated with wheat during growing or processing.